

## LA MER

Choreographers: George & Pam Hurd, 2901 Concord Lane, Anchorage, AK 99502 PH: (907) 243-0723  
Special Press: Contact choreographers or Palomino Records SP-246 (Flip side Cuando Me Querias Tú)  
Sequence: INTRO-A-A-B-A-BRIDGE-C-B-A-INTERLUDE-END Speed: 45  
Rhythm: Foxtrot Phase: IV + 2 (Nat'l Hvr Cross, Rev Fallaway) Release Date: Aug 97

### INTRO

#### **1-4 WAIT; WAIT; SLOW SWAY LEFT; SLOW SWAY RIGHT;**

- 1-2 [Wait] in cp lod with M's L & W's R foot free wait two measures;;
- 3 [Slo Sway Left] in cp fcg lod sd L,-, draw R to L,-;
- 4 [Slo Sway Right] in cp fcg lod sd R,-, draw L to R,-;

### PART A

#### **1-4 THREE STEP; HALF NAT'L TRN; CLOSED IMPETUS; FEATHER FINISH;**

- 1 [Three Step] fwd L,-, fwd R, fwd L in three passing steps;
- 2 [1/2 Nat'l Trn] fwd R begin RF trn,-, sd & bk on L (W cl R to L heel turn) cont trn, bk R to cp fcg rld;
- 3 [Clo Impetus] bk L short step (W fwd R btwn M's feet) commencing RF turn bringing R besides L with no wgt & commence RF heel turn,-, chg wgt to R cont RF turn (W sd & fwd L arnd M cont trn RF), sd & bk L (W brush R to L step fwd on R btwn M's feet) to cp fcg dlw;
- 4 [Feather Fin] bk R (W fwd L) trng LF,-, sd & fwd L (W sd & bk R), fwd R (W bk L) to contra/bjo fcg dlc;

#### **5-8 TELEMARK TO SCP; LADY ACROSS TWICE;; FEATHER;**

- 5 [Tele to SCP] fwd L (W bk R) commencing LF trn ( W bring L beside R with no wgt),-, sd R cont turn (W trn LF on R heel turn & chg wgt to L), sd & slightly fwd L (W fwd R) to end in tight scp pos fcg dlw;
- 6-7 [Lady Across Twice] fwd R extndg L arm sd (W fwd L extndg R arm sd),-, fwd L btwn W's ft with R shldr ldng (W sd & fwd R arnd M pivoting LF ½ on ball of R ft), fwd R (W sd & fwd L) to end in ½ LOP fcg dlw ; fwd L extndg R arm sd (W fwd R extndg L arm sd),-, fwd R btwn W's ft with L shldr ldng & starting LF body trn (W sd & fwd L arnd M pivoting RF ½ on ball of L ft), sd & fwd L (W sd & fwd R) to end in ½ OP fcg dlc;
- 8 [Feather] fwd R (W fwd L),-, fwd L (W fwd R trng LF twds prtner), fwd R (W bk L) to contra/bjo fcg dlc;

#### **9-12 REVERSE WAVE;; BK FEATHER; FEATHER FINISH;**

- 9-10 [Rev Wave] fwd L starting LF body trn,-, sd R twds dlc (W cl L to R with heel trn), bk L (W fwd R) to fc drc; bk R (W fwd L),-, bk L (W fwd R), bk R (W fwd L) curving LF to end cp fcg rld maintain cp throughout;
- 11 [Bk Feather] bk L,-, bk R with R shldr ldng, bk L to contra/bjo pos;
- 12 [Fea Fin] bk R (W fwd L) trng LF,-, sd & fwd L (W fwd R trng LF), XRIF of L (W XLIB of R) to contra/bjo fcg dlw;

### PART B

#### **1-4 HOVER TELEMARK; OVRTRN OP NAT'L; BK LADY DEVELOPE; FEATHER;**

- 1 [Hover Tele] fwd L (W bk R),-, diag sd & fwd R (W bk & sd L trng to scp) rising slightly with hovering action and body trn 1/4 RF, fwd L (W fwd R) sm step on toe to scp pos fcg dlw;
- 2 [Ovrtrn OP Nat'l] fwd R (W fwd L) commencing RF trn,-, sd & bk L (W fwd R btwn M's ft) cont trn, bk R (W fwd L) to contra/bjo fcg dlc;
- 3 [Bk Lady Develop] step L in bk of R well under body partial wgt and left sway (W fwd R twds drw),-, taking full wgt on L chg sway to right look at woman (W on ball of R ft bring L ft up R leg to outside of R knee, extnd L ft fwd),-;
- 4 [Feather] fwd R (W bk L),-, fwd L (W bk R in contra/bjo), fwd R (W bk L) to contra/bjo fcg dlc;

#### **5-8 REVERSE TURN;; HOVER TO SCP; THRU TO LEFT WHISK;**

- 5-6 [Rev Trn] fwd L (W bk R) starting LF body trn,-, sd R cont trn (W cl L to R heel trn), bk L (W fwd R) to cp/rld; bk R (W fwd L) cont LF trn,-, sd & slightly fwd L (W sd R) twds dlw, fwd R (W bk L) to contra/bjo fcg dlw;
- 7 [Hover] fwd L to cp,-, fwd & sd R (W bk & sd L trng to scp) rising to ball of ft, rec fwd L (W fwd R) to scp;
- 8 [Left Whisk] thru R to momentary scp,-, sd & fwd L blndg to cp, XRIB of L (W XLIB of R) to tight rev scp;

**9-12 LADY UNWIND IN 4 TO BJO; BK HOVER TO SCP; PROMENADE WEAVE::**

- 9 [Unwind 4 to BJO] unwind in four beats trng RF on ball of R ft and heel of L ft ending with wgt on R ft ( W walks CW arnd man R,L,R,L) to end in bjo fcg lod;
- 10 [Bk Hvr to SCP] bk L (W fwd R),-, sd & bk R (W fwd L swiveling to fc prtnr in cp) with rise & brushing action, rec fwd on L (W fwd on R) to scp lod;
- 12-13 [Prom Weave] thru R strtg LF trn,-, fwd L cont trn (W sd & slightly bk R) to cp, sd & slightly bk R to contra/bjo fcg drc; bk L dlw still in contra/bjo, bk R trng body LF & trng W to cp, sd & slightly fwd L, fwd R to contra/bjo fcg dlw;

**BRIDGE**

**1- CHANGE OF DIRECTION;**

- 1 [Chg of Dir] fwd L twds dlw start LF trn,-, fwd R with right shldr ldng cont LF trn to end dlc, draw L to R no wgt;

**PART C**

**1-4 DIAMOND TURNS:::**

- 1-4 [Dia Turns] fwd L trng on the diag,-, cont L trn sd R, bk L to bjo pos; staying in bjo & trng LF step bk R,-, sd on L, fwd R; still in bjo step fwd L trng on the diag,-, sd R, bk L; bk R cont trn,-, sd L, fwd R to end in bjo fcg dlc;

**5-8 ONE LEFT TURN; HOVER CORTE; BK WHISK; CROSS HESITATION;**

- 5 [One Lt Turn] fwd L trng LF 3/8 trn,-, sd R, cl L to R end in cp fcg rld;
- 6 [Hvr Corte] bk R (W fwd L) starting to trn LF,-, sd & fwd L (W sd & fwd R) cont trn with hovering action, rec bk R (W rec L) in contra/bjo fcg dlw ;
- 7 [Bk Whisk] bk L,-, bk & sd R, XLIB of R (W XRIB of L) to end in scp ;
- 8 [Cross Hes] thru R (W thru L) commencing 3/8 LF turn on right ft,-, draw L to R no wgt and tch ( W sd & fwd R arnd the M cont trng LF), con t trn ( W cont trn and cl L to R) to end in contra/bjo fcg drc;

**9-12 BK BK/LK/BK; IMPETUS TO SCP; NAT'L HOVER CROSS::**

- 9 [Bk Bk/Lk/Bk] bk L twds dlw,-, bk R/lock LIF of R, bk R maintain bjo pos throughout;
- 10 [Imp to SCP] bk L (W fwd R) strtg RF trn,-, cl R to L heel trn (W cont trng RF sd L), trn RF sd & sltly fwd L (W cont trng RF brush R to L then sd & sltly fwd R) to scp fcg dlc;
- 11-12 [Nat'l Hvr Cross] fwd R (W fwd L) begin RF trn,-, cont trn sd L dlw fcg drw (W fwd R cont trn), with strong RF trn on L stp sm sd R twd dlw fcg dlc (W sd L to scar); fwd L across R of toe with R sd strch (W bk R on toe with L sd strch) to contra/scar pos, rec R (W rec L), sd & fwd L (W sm R), with L sd ld fwd R (W bk L) to contra/bjo fcg dlc;

**INTERLUDE**

**1-4 REVERSE TURN::; HOVER TO SCP; THRU CHASSE TO SCP;**

- 1-2 [Rev Trn] same as Part B meas 5-6;;
- 3 [Hvr to SCP] same as Part B mea 7;
- 4 [Chasse] thru R,-, sd L/cl R, fwd L to scp;

**END**

**1-4 IN & OUT RUNS::; FEATHER; REVERSE FALLAWAY;**

- 1-2 [In & Out Runs] fwd R (W fwd L) strtng RF trn,-, sd & bk L twds wall and lod to cp (W fwd R btwn M's feet), bk R to contra/bjo pos; bk L trng RF,-, sd & fwd R btwn W's feet cont RF trn (W fwd & sd L cont trn), fwd L to scp;
- 3 [Feather] thru R (W thru L),-, fwd L (W fwd R trng LF twds prtnr), fwd R (W bk L) to contra/bjo fcg dlc;
- 4 [Rev Fallaway] fwd L (W bk R) trng LF,-, sd & bk R (W sd & bk L) twds lod, XLIB of R (W XRIB of L) twds dlc to end in fallaway pos fcg drw;

**5-8 FEATHER ENDING; REVERSE FALLAWAY; BK TO PROMENADE SWAY/OVERSWAY::**

- 5 [Feather Ending] bk R (W swivlg LF on ball of R ft step fwd L) trng LF to cp,-, sd & fwd L (W sd & fwd R trng LF) twds dlc, fwd R (W bk L) to contra bjo fcg dlc;
- 6 [Rev Fallaway] same as mea 4 of END;
- 7-8 [Prom Sway/Oversway] bk R trng LF (W swivlg LF on ball of R ft step fwd L),-, sd & fwd L (W sd & fwd R) trng to scp/lod and strtchg body upward to look over jnd ld hnds,-; slowly relax L knee (W relax R knee) leaving R (W's L) leg extended and stretching L sd of body to end looking lod (W looking rld),-,;